GLOBAL CORPORATE CHALLENGE – TEAM UOW

FAQ

Here’s where you will find all of the need to know info about participating in the GCC!

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1. What’s this all about?

The Global Corporate Challenge is a health and wellbeing initiative which encourages participants to monitor the amount of steps they take in a day to help us maintain a healthy lifestyle. The goal is for everyone to average 10,000 steps a day for 16 weeks – most people only do 3,000 steps a day which is not considered enough!

2. Why should I be part of the GCC?

There is lots of reasons to be part of the GCC in 2013. The main reason is its going to be heaps of fun with lots of people from all over UOW participating in the program and comparing their steps! And who knows, you may even feel healthier at the end of it.

Need more convincing? Click here

3. When does it start?
The GCC will start on the 23 May and finishes on 12 September 2013.

4. **Does this cost me anything?**

Not a cent. UOW is sponsoring its employees to take part in the GCC. The only thing we ask is that you participate honestly (no cheating allowed!).

5. **How do I form a team?**

Forming a team is easy. Have a chat to your colleagues and see who’s keen to join you in the GCC. All you need is 7 people and if you can’t find enough people to form a team of 7 call the WHS Unit on x3931 and we will try our best to link you in with others who may be in the same boat.

6. **How does our team nominate a team captain?**

Draw straws, choose a name out of a hat or create an algorithm with a pseudorandom number generator corresponding to each name of the team. It doesn’t really matter how, just pick a member of your team to be the Team Captain and the starter packs will be delivered to them to distribute.

7. **Where do I register my team’s details?**

Go to the UOW GCC Online Portal and click Register My Team or [click here](#).

8. **How do I know which ‘division’ to select when registering a team?**

In most cases the team will consist of people from one area of UOW so the choice will be pretty easy. If you can’t find an area of the University that’s applicable give us a call at the WHS Unit and we’ll look into it for you.

If your team is ‘cross functional’, choose the one with the most amount of people from any one area.

9. **When will I get my starter pack?**

Starter packs will be delivered to Team Captains at the beginning of May. If you don’t get a starter pack by 20 May, call the WHS Unit on x3931 and we will sort you out.

10. **Will I really be visiting exotic cities around the world?**

Yes! ...and no. By entering your daily steps into the online portal you will be virtually walking around the world via the internet at cities that you’ll passing through depending on how far you walk each day! There’s lots of neat information and facts along the way to make it interesting. The good news is you don’t need to renew your passport photo!

11. **Did somebody say prizes?**

As part of the GCC there are random weekly prizes as well as prizes for the organisation, teams and participants who complete the most amount of steps.
12. How do I track my steps?

In 2013, GCC is taking activity measurement to a whole new level. The GCC Pulse uses accelerometer technology to track daily activity. Containing the latest 3D sensor it will accurately detect movement in a precise, consistent and reliable way. You can clip it, pocket it or bag it for total flexibility. As well as the recommended position on your belt or waistband, your GCC Pulse can also be clipped to any other area of clothing or your bag.

Wear it anywhere and most importantly remember to wear it everywhere to capture all incidental activity in your day. Then at the end of each day you can enter your daily steps into the online portal and then reset your pedometer ready for the next day. If you miss a day that’s OK, you just enter in where you’re up to the next chance you get online.

The GCC Pulse is engineered for simplicity, so there’s no setup, no recharging, no software. And that means - no hassle.

To get started, in the weeks leading up to GCC 2013, every participant will receive:

- 2 x GCC Pulse devices
- Introductory booklet
- Spare battery
- 12 month website access
- Motivational emails

13. Are there other activities besides walking that count to my steps?

The GCC Pulse is designed and calibrated to accurately record activity in many different ways. So, when it comes to getting more active with the GCC Pulse, every activity is rewarded.

For the duration of the Challenge, swimming and cycling distances are converted on the step entry page of the GCC website.
14. Am I allowed to cheat?

No. Cheaters will be excluded from further participation and will be in big trouble.

15. What do I do if I can get on the internet to log my steps?

We’re aware that during the 16 weeks of the challenge, people may get ill, have to take time off work or be lucky enough to go away on holiday, but no need to worry. Whilst you’re absent, please continue to enter your steps as normal. If you don’t have access to a computer, just make a note of your steps and enter them in your ‘missed entries’ section when you return. Alternatively, you can use our iPhone and Android phone apps or our mobile site if you have any other internet enabled phone. If you’re going to be absent for a long time, we would recommend that you find a replacement to take over your position in the team. Just inform your team captain of your replacement’s details and they will be able to make the change.

16. Got More Questions?

Consult the GCC Guru at http://www.gettheworldmoving.com/event/faqs

...or give the WHS Unit a call on 4221 3931.